

North Georgia Dentures and Implants
1078 Lumpkin Campground Rd, Ste 300
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What to expect from my new Dentures:

- 1) You must have **patience**. It will take time and practice to get accustomed to your dentures. Do not give up!
- 2) You will learn how to eat and talk again in time. **Start out slow** with softer foods first and when you start feeling more comfortable in chewing with them proceed to harder foods.
- 3) The **lower denture will always be loose** and you may need to wear adhesive to keep denture in place. But remember you are not the only one out there struggling with a lower denture, EVERYONE has difficulty wearing a lower denture. There are several kinds of adhesive, all are about the same but they have slightly different tastes to them. Pick one that you like. They make a powder adhesive and a paste adhesive. Be careful, the paste adhesive is difficult to clean from your gums and your denture. You must clean both before you go to bed each night.
- 4) **Do not sleep with your dentures** on a routine basis. Your tissues need a break, please give them one. The first few days you may wear them at night to try and get use to them, but only the first week. Studies have shown that constant denture wearing destroys your bone structure and makes you prone to fungal infections in the mouth.
- 5) **Clean your dentures every night**. A kit has been included to help you in cleaning them. White vinegar every 3-4 days will help keep the stains off as well. If you desire them to be cleaned better than you are doing, don't hesitate to bring them to me and I'll give them a thorough cleaning.
- 6) **Sore Spots**: It is not uncommon for you to develop sore spots from time to time especially the first month. Please come in and I'll adjust the sore areas and get you out of pain. Your gums will not toughen on their own, so don't struggle with them. Usually like to see you 24 hours after the delivery. Please schedule appointment in the first week so we can evaluate the fit.
- 7) **The first 12-18 months after extractions**: Your bone and gum tissue will go under a severe shrinkage. Your denture however will not shrink, therefore causing "looseness" of the denture. Normally 6 months after extraction we will reline your dentures to fit your existing bony architecture, which will cause the dentures to fit better.

Please call for adjustments; we are here to help make your experience more enjoyable.

If you have any questions about immediate dentures, please feel free to ask us.